

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/  
adrc](http://www.waukeshacounty.gov/adrc)

**After hours call  
IMPACT 2-1-1  
211, or toll free  
1-866-211-3380**

### National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

### Veteran's Services

262-548-7732

### Moraine Lakes Consortium

888-446-1239

### Alzheimer's Association

800-272-3900  
(24/7Helpline)

[www.alz.org/sewi](http://www.alz.org/sewi)

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- ◇ WCTC Computer Training
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October 2020

# The ADRC Connection

## World Mental Health Awareness Day

World Mental Health Day is on October 10, as our understanding of mental health grows, we grow along with it. Mental health has come a long way since the early nineties when the World Federation of Mental Health (WFMH) officially established the day. Our self-awareness and sensitivity towards mental health has changed things for the better. While we've learned a lot, there's still so much more we can do to evolve as a society.

## WHY WORLD MENTAL HEALTH DAY IS IMPORTANT

### 1. Identify the problem

The idea of the mind is an abstract concept and this day allows us to think about our thoughts. We're evolving beyond outdated perceptions and releasing the stigma of mental health so that we can properly diagnose it and take care of ourselves. With the burden and fear removed from mental health issues, the battle becomes considerably easier.

### 2. Share your pain

This day reminds you that whatever you're going through, you're not alone. Too often we think that we're the only ones facing a hard time. It's uplifting to know that other people have gone through it and made it out the other end. It reminds you that you can overcome your own pain.

### 3. Proper treatment

As our understanding of mental health grows, so does our ability to seek proper treatment. With the right therapist and necessary medication, you can operate on a more efficient level. The more accepting we are and the more funding that's put into research and mental healthcare the greater the global impact.

If you or a loved one is experiencing a mental health crisis, are interesting in finding treatment, or are interested in learning about some mental health resources in Waukesha

County, **contact the  
Waukesha County  
Outpatient Clinic at  
262-548-7666 or  
National Alliance for  
Mental Illness (NAMI)  
at 262-524-8886.**

WORLD  
MENTAL  
HEALTH  
DAY





## Communication is Key

Communication is the key to success in many things: marriage, parenting, at work, and even planning fun activities. When there is a lack of communication, things inevitably go wrong. Relationships within a caregiving situation are no exception. Maintaining good

communication with the person who is being cared for and other care partners is the foundation of healthy caregiving. There are three keys to good communication: speak clearly, listen carefully, and respond accurately.

The first key is to **speak clearly**. First, when you are speaking it is important that you be specific with your request. Never assume the listener knows what you are thinking or feeling.

Second, try to stay focused and discuss only the issue at hand. We often get off track or bring up old issues, especially when strong emotions are involved. This can cause confusion and irritation.

Third, do your best to speak with tact. Be sensitive to the feelings of those listening and be descriptive rather than critical. Starting sentences with “I feel” or “I am” is less threatening to the listener and prevents the blame game.

The second key is **listening carefully**. The first step is to listen without interrupting or giving advice. Eliminate all distractions and concentrate on what the speaker is saying. It is best to listen and support the person before offering advice.

Second, listen with empathy. You don’t have to agree with the other point of view to understand it. If you feel you are being criticized, receive it with an open mind and respond only to the facts, not the anger or fear behind it.

Third, listen to yourself and the tone with which you speak. Be aware of your body language, stay positive, and speak calmly so you don’t put the listener on the defensive.

The final key to good communication is **responding accurately**. It is important to be certain that you have heard the message correctly. Ask for clarification if there is anything you don’t understand. Restate what you heard to be sure your interpretation is accurate. Pay attention to facial expressions, gestures, and tone of voice to get a better understanding of the message. Even if you don’t agree with what the speaker is saying, it is important to acknowledge that you understand how they are feeling.

With social distancing, much of our communication is being done over the phone or by emailing or texting. This creates additional challenges as you are unable to watch for body language and facial expressions, making it even more important to speak clearly and listen carefully. Try not to read into things and make assumptions; instead, ask for clarification.

No matter what you are trying to accomplish, speaking clearly, listening carefully and responding accurately will help you achieve your goal. For caregivers, it is an essential step to a healthy caregiving environment. If you have other caregiving questions, please contact the ADRC at (262) 548-7848.



November is National Caregiver Month

# "CAREGIVING IN TIMES OF CHANGE"

ADRC, in partnership with the Bridges Library System and Dementia Friendly Waukesha County will be recognizing Waukesha County caregivers through a contactless drive-thru event! Caregivers caring for a senior over the age of 60 or a grandparent over the age of 55 raising a grandchild are invited to participate in this event and receive a gift bag of goodies! Register by calling the ADRC to indicate the location and time you would like to attend.

## NOVEMBER 10TH

Mukwonago Community Library	1-4PM
Brookfield Public Library	1-4PM

## NOVEMBER 12TH

Waukesha Public Library	10AM-1PM
Pewaukee Public Library	10AM-1PM
Menomonee Falls Public Library	1-4PM

## NOVEMBER 13TH

Muskego Public Library	10AM-1PM
Oconomowoc Public Library	10AM-1PM

**Call the ADRC to register: (262) 548-7883**

**Or Register Online: [bit.ly/2ErO6gl](https://bit.ly/2ErO6gl)**





## Need Health Insurance? Marketplace Special Enrollment Periods

Enrollment in a Marketplace plan is generally limited to the open enrollment period which will occur this year from November 1<sup>st</sup>, 2020 through December 15, 2020 for plans starting January 1, 2021. However, if you qualify for a Special Enrollment Period, it is possible to enroll in a plan at other times. Some examples of Special Enrollment Periods include:

- Losing employer-based health insurance within the past 60 days
- Becoming ineligible for Medicaid or Medicare within the past 60 days
- Losing coverage through a family member within the past 60 days
- Getting married within the past 60 days
- Moving to a new zip code or county within the past 60 days

There are other Special Enrollment Periods. Call the Marketplace at 1-800-318-2596 if you need insurance and want to know if there is a Special Enrollment Period that could help you. You can apply for Marketplace plans online, by phone, in-person, or with a paper application.

You should gather the documentation that will be needed to apply. Some of the information that you will need includes:

- Information about your household size
- Birthdates and Social Security numbers for everyone in your household
- Specific documentation if you are a legal immigrant
- Tax and income information for all household members
- Estimate of what your income will be for 2021
- Policy numbers for any current health insurance coverage for any household members

**Additional information can be found at [Healthcare.gov](https://www.healthcare.gov).**



# Health Insurance Marketplace

# WCTC IT Students Offering One-on-One Technology Training

Do you own a smartphone, computer, or tablet but need some practice using all of their many features? Or maybe you've been meaning to create a Facebook account, but could use a little help getting started?

Waukesha County Technical College IT students are offering one-on-one training sessions covering various computer programs and social media platforms including Google & Gmail, iPhone & iPad, Android, OneNote, Windows 10, and Facebook.

The individual one-hour training session will be scheduled between October 19 and December 4, 2020 on the subject matter of your choice. **Due to COVID-19 restrictions, the training is being offered via Zoom online sessions.**

For more information or to arrange for your one-on-one training session with a WCTC IT student, email Melissa Seamonson at [mseamonson@wctc.edu](mailto:mseamonson@wctc.edu) or leave a message with Melissa at 262-691-5534.



WAUKESHA  
COUNTY TECHNICAL  
COLLEGE



## WE'RE ON FACEBOOK!

Looking to stay up to date on everything going on at the ADRC?

Like our page on Facebook to get all the latest information!

While on Facebook, search for

"Aging & Disability Resource Center of Waukesha County"

or find us at [www.facebook.com/ADRCWC](https://www.facebook.com/ADRCWC)

And don't forget to tell your friends and invite them to LIKE us too!



# Indigenous Peoples' Day

Native American Day is a holiday celebrated across the United States in lieu of Columbus Day. In California and Nevada, the holiday is celebrated on the fourth Friday of September, whereas in South Dakota and Wisconsin, it falls on the second Monday of October. Within each of these states, Native American Day honors the cultural contributions of Native American communities to the respective state's history, as well as to the overall country. In October of 2019, Wisconsin Governor Tony Evers signed an executive order which formally replaced Columbus Day with Indigenous Peoples' Day which will be celebrated this year on Monday, October 12, 2020. It's a day to "recognize and appreciate our tribal nations and indigenous people and their resilience, wisdom and the contributions they make to our state."

There are 574 federally recognized Indian Nations in the United States. These nations go by tribes, nations, bands, pueblos, communities, and native villages. In Wisconsin, they are known as tribes. Wisconsin is home to 11 federally recognized tribes, the most American Indian nations statewide, east of the Mississippi River.

The 11 federally recognized tribes in Wisconsin are as follows: Bad River Band of Lake Superior Chippewa, Ho-Chunk Nation, Lac Courte Oreilles Band of Lake Superior Chippewa, Lac du Flambeau Band of Lake Superior Chippewa, Menominee Tribe of Wisconsin, Oneida Nation, Forest County Potawatomi, Red Cliff Band of Lake Superior Chippewa, St. Croix Chippewa, Sokaogon Chippewa (Mole Lake), and Stockbridge-Munsee. The Brothertown Indian Nation also calls Wisconsin home, but is not a federally or state recognized tribal nation at this time.

Each tribe maintains a government-to-government relationship with the State of Wisconsin. Also, each tribe has its own unique peoples, languages, and spiritual and health practices. Each tribe has a unique set of values, traditions, and customs that guide their beliefs and systems.

According to Brian Jackson, President of WIEA (Wisconsin Indian Educational Association), native communities are often the largest employers in the counties in which they are located. They provide jobs, critical infrastructure services, and resources to both Indian and non-Indian people. Jackson states, "While we are certainly rich in our culture and heritage, our gaming revenues are largely funneled back into our communities to support tribal government and those critical infrastructure services. In today's world, tribal nations believe in providing the best opportunities for their children, young adults, working and single families, professionals, and elders. This includes education and the ability to pursue the "American Dream."

If you would like to learn more about Wisconsin's first nations, you can do so by following these links:

<https://wisconsinfirstnations.org/>

<https://dpi.wi.gov/amind/tribalnationswi>



## Waukesha County Specialized Transportation Taxi Program

The ADRC would like to remind our readers about the Specialized Transportation program provided by Waukesha County. Contracted taxi providers are available to provide subsidized transportation in our community.

The taxi program is one of the projects of the ADRC's Specialized Transportation Program, which is primarily funded by the Wisconsin Department of Transportation. The ADRC currently contracts with eight taxi companies to provide subsidized taxi rides for Waukesha County seniors and adults with disabilities. These rides are not just for medical appointments – the taxi program can be used for grocery shopping, banking, getting to work, or visiting friends and loved ones.

To be eligible for the ADRC's Specialized Transportation Program, riders must be Waukesha County residents and registered as an ADRC program rider. There is an application available at [www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc), or by calling 262-548-7848. Riders must be a non or limited drivers aged 60 years of age or older, or a non or limited driver between 18 and 60 with an appropriate disability designation form. Also, passengers must be able to enter or exit a car with little or no assistance.

While trip rates are determined by each individual taxi provider, the ADRC subsidizes rides, paying up to \$5.25 per one-way taxi ride for registered riders. Reservations do need to be made 24 hours in advance, but some same-day requests may be honored. Contact the taxi company with trip questions and to schedule your rides.



<b>4Boomers (Lake Country)</b> .....	<b>(262) 224-9000</b>
<b>Best Cab of Waukesha</b> .....	<b>(262) 549-6622</b>
<b>Elmbrook Senior Taxi (Brookfield and Elm Grove)</b> .....	<b>(262) 785-1200</b>
<b>Lake Country Cares Cab</b> .....	<b>(262) 695-2670</b>
<b>Muskego Senior Taxi</b> .....	<b>(262) 679-4754</b>
<b>New Berlin Senior Taxi</b> .....	<b>(262) 814-1611</b>
<b>Oconomowoc Silver Streak</b> .....	<b>(262) 567-6404</b>
<b>Seniors on the Go (Mukwonago and other areas)</b> .....	<b>(262) 363-5700</b>

For questions and to register for the taxi program, call the ADRC at (262) 548-7928.

## HARVEST OF THE MONTH

The "Harvest of the Month" program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For October, the highlighted produce item is Apple! Check out the Live Well website for more information.

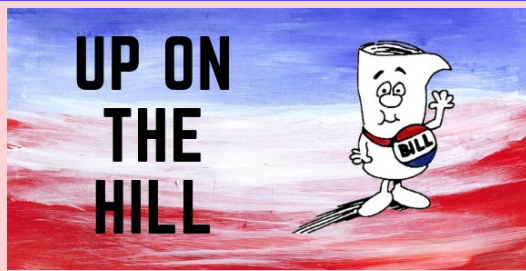
### Deliciously Healthy Apple Recipes

- **Apple Oatmeal:** <https://thecleaneatingcouple.com/apple-oatmeal/>
- **Apple & Cinnamon Smoothie:** <https://thatgirlcookshealthy.com/apple-and-cinnamon-smoothie/>
- **Slow Cooker Apple Pork Loin:** <https://www.wickedspatula.com/slow-cooker-apple-cinnamon-pork-loin/>
- **Apple Mango Salsa:** <https://www.littlesweetbaker.com/apple-mango-salsa/>

To learn more and sign up for the monthly e-newsletter visit: <https://www.waukeshacounty.gov/livewell>







# ***FREQUENTLY ASKED QUESTIONS - VOTING***

## **1. Where Do I Vote – Where is my Polling Place?**

Voters can look up their polling place by entering their address at <https://myvote.wi.gov/en-us/FindMyPollingPlace>

## **2. What Time are the Polls Open?**

ALL POLLS ARE OPEN from 7 am until 8 pm on Election Day, November 3rd.

## **3. Do I need to bring an ID to vote?**

- YES – A list of acceptable IDs can be found at <https://www.bringitwisconsin.com/>
- If a voter does not have an acceptable photo ID, a free Photo ID for Voting can be obtained at a Department of Motor Vehicles (DMV) location.  
<https://wisconsin.gov/Pages/dmv/license-drivers/how-to-apply/id-card.aspx>

## **4. Am I registered to vote, and, if not, can I register on election day?**

To determine if someone is registered to vote, check <https://myvote.wi.gov/>  
Voters who are not registered, may register at the polls.

- To register on Election Day, Wisconsin voters must provide a proof of residence document. It can be a driver license or state ID card with the voter's current address. It can also be a current utility bill, lease, university ID card or other official document showing the voter's name and current address. For a list of acceptable documents, visit the Elections Commission website at <http://elections.wi.gov/>
- You must be a resident of your ward for 10 days to register.
- Voters who have a valid Wisconsin driver license will be required to use their license number to complete the registration form. Otherwise, they may use a state ID card number or last four digits of their Social Security number.

## **5. If I am not registered to vote, where can I register in advance?**

- **Online** at [myvote.wi.gov](https://myvote.wi.gov). Up to 20 days before Election Day. Requires a valid State of Wisconsin Driver License or State of Wisconsin ID card issued by the DMV.
- **Mail**. Up to 20 days before Election Day. Mail completed form to your municipal clerk.
- **In person**, at the municipal clerk's office.
  - Must provide proof of residence.
  - Ends 5:00 PM on Friday before election.
  - At your polling place on Election Day. Must provide proof of residence.

## **6. What Documents can I use as proof of residence for registering?**

A complete list is on the Wisconsin Elections Commission website at

<https://elections.wi.gov/publications/voter-guides/proof-of-residence>

All Proof of Residence documents must include the voter's name and current residential address. Some examples include:

- A current and valid State of Wisconsin Driver License or State ID card.
- A bank or credit card statement
- A paycheck or paystub.



## 7. I need transportation to my polling place.

The Disability Vote Coalition has a flyer with ideas for those who need a ride to the polls. It is posted on the webpage: <http://www.disabilityvote.org/resources>

## 8. I can't get to the polls on Election Day. Can I vote absentee?

- Any registered Wisconsin voter is eligible to request an absentee ballot. If a voter is not registered, they must register to vote before an absentee ballot can be sent to them.
- A voter can apply for and vote their absentee ballot in-person in the clerk's office or can request an absentee ballot from their municipal clerk. The request can be made in writing by mail, e-mail, fax or online at [myvote.wi.gov](http://myvote.wi.gov).
- To find the dates and hours for in-person absentee voting, voter should contact their municipal clerk. For contact information go to <https://elections.wi.gov/clerks/directory>
- The Disability Vote Coalition absentee voting fact sheet has additional information: Check their website at: <http://www.disabilityvote.org/resources>
- Special provisions are made for hospitalized electors to vote by absentee ballot on election day.

## 9. How can I learn more about the candidates?

- Voters can view a SAMPLE Ballot at: <https://myvote.wi.gov/en-us/PreviewMyBallot>
- The League of Women Voters Vote411.org site provides non-partisan information. See what's on your ballot, compare candidates' positions side-by-side, and print a sample ballot with your preferences. <https://www.vote411.org/>

## 10. Who can I contact for voting related questions?

- **Wisconsin Elections Commission** <https://elections.wi.gov/>  
Toll free help line: 1-866-VOTE-WIS, staffed Monday – Friday from 7:45 AM – 4:30 PM. Questions can also be emailed to [elections@wi.gov](mailto:elections@wi.gov).
- **Wisconsin Municipal Clerks** are responsible for administering elections for their municipality. The Clerk is a resource for your voting questions, including about absentee voting. Contact information for clerks: <https://elections.wi.gov/clerks/directory>
- **Disability Rights Wisconsin Voter Hotline** 1-844-DIS-VOTE  
A resource for disability related questions about voting, including voting rights, and help addressing a concern or filing a complaint.
- **MyVote Wisconsin** <https://myvote.wi.gov/en-us/>  
Resource for voters to check if they are registered to vote, what is their polling place, and view what's on the ballot, and online registration.
- **Wisconsin Disability Vote Coalition:** Web site: <http://www.disabilityvote.org>/Facebook: <https://www.facebook.com/wisconsin disabilityvote/>

**GET OUT THE VOTE!**  
**IT'S YOUR VOTE. IT'S YOUR VOICE. YOUR VOTE MATTERS!**



Dear Ina,

During these tough times I am struggling to keep track of what businesses are open, when they're open and how their services have changed. Is the ADRC currently open? Are all of your services still available?

Thanks!

Barry Wuriède

Dear Barry,

The ongoing COVID-19 pandemic has definitely made life more difficult for many of us. As you know, many businesses and community organizations have been forced to alter their services and/or businesses hours. The ADRC remains available to meet the needs of seniors and adults with disabilities in our community. There have been some revisions to our services, however, we want the community to know we are still here to serve them, our call center is open, and we are ready to go above and beyond to make sure we are meeting the needs of our consumers.

A few changes to note:

- We are open our normal business hours from 8am-4:30pm, Monday through Friday. However, our office is not open for walk-in appointments. You must call us at (262) 548-7848 to speak to one of our trained specialists and access our services.
- While we have had to close our senior dining centers for the remainder of 2020, our home delivered meals program is still going strong. Any senior, age 60 or older, residing in Waukesha County is eligible for home delivered meals. Please contact the ADRC if this is something you or your loved one could benefit from.
- We know family caregivers have been hit particularly hard by the changes associated with the COVID-19 pandemic. The ADRC has received additional funding to offer services for caregivers and their families. If you need services such as respite, emergency alert services, or other in-home care support, please contact us to learn more about how the ADRC may help.

All other ADRC services are still available to our community. Please call us today if you have a question, are looking for additional supports, or are simply looking for more information about available resources in your area. You can also visit our website or Facebook page for additional updates.

[www.waukeshacounty.gov/ADRC](http://www.waukeshacounty.gov/ADRC) or  
[www.facebook.com/ADRCWC](https://www.facebook.com/ADRCWC).



# 4 WAYS TO CONTACT Your Elected Officials

## PLAN A VISIT

Call the official's office to schedule an appointment. Do your homework and come prepared with main talking points. Clearly and concisely state your position. Have materials that summarize your points. Several days after the meeting, call or send a thank you note.



## WRITE A LETTER

A handwritten note is most effective/ Identify the issue or piece of legislation you're referring to, including the bill, ordinance number or author. Give concise reasons how you are personally affected by the issue and how it affects other constituents. Be polite and courteous. Request a response from the official. Include your contact information and the names of any organizations you are a part of.

## MAKE A CALL

For Federal Legislators call: (866) 220-0044 and ask for your official. For Wisconsin Legislators call: 1-800-362-9472 and ask for your official's contact information. Identify yourself and keep your call as short as possible. Try to cover only one subject per call. You may be transferred to a staff member, so take note of who they are. Remember to provide your contact information.



## SEND AN EMAIL

Check the official's website for email addresses and contact information. Follow the same guidelines as writing a letter. If you wish, include your mailing address. Use separate messages if you are emailing more than one official. Remember to proofread your email! It is best to use emails as a follow up to calls and letters. You can also quickly reach your officials using Twitter, Facebook and other social media if you prefer.

# Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Prevention Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

## **Eat Smart, Move More, Weigh Less**

Based on the theory of planned behavior, Eat Smart, Move More, Weigh Less is an online weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor.

**Class Details:** The next 15-week class series begins the week of October 11<sup>th</sup> with 3 class times available.

**Contact:** Katie at the ADRC: (262) 548-7848 or [kriemenschneider@waukeshacounty.gov](mailto:kriemenschneider@waukeshacounty.gov)

**Registration Deadline:** October 9th

## **Better Choices, Better Health**

Better Choices, Better Health is an online program for people ready to manage a chronic condition. Designed and researched at Stanford University, the same developers of the in-person Living Well with Chronic Conditions program, this program helps people with a wide range of conditions such as anxiety, arthritis, asthma, cancer, chronic fatigue syndrome, chronic pain, COPD, depression/mental health, diabetes (type 1 and type 2), hypertension, and many others.

**Class Details:** Must commit to login for six consecutive weeks, total time commitment is 1 -2 hours per week.

**Contact:** Katie at the ADRC: (262) 548-7848 or [kriemenschneider@waukeshacounty.gov](mailto:kriemenschneider@waukeshacounty.gov)

## **Aging Mastery Starter Kit**

The Aging Mastery Starter Kit from the National Council on Aging (NCOA) is a fun and engaging self-guided experience that will empower you to embrace your gift of longevity by spending more time each day doing things that are good for yourself and for others. The Starter Kit will inspire you to take steps toward positive aging across six dimensions: Legacy & Purpose, Gratitude & Mindfulness, Health & Well-Being, Finances & Future Planning, Connections & Community, and Creating & Learning. Each dimension has specific actions that you are encouraged to incorporate your daily life. The Starter Kit contains the Aging Mastery Playbook, Activity Cards, Exercise DVDs, a Notepad, and Magnet.

**Details:** We ask that participants complete a short survey prior to receiving a free kit.

**Contact:** Katie at the ADRC: (262) 548-7848 or [kriemenschneider@waukeshacounty.gov](mailto:kriemenschneider@waukeshacounty.gov) to see how you can receive a kit of your own.



# Taming the Stress Monster

We are all feeling more stress than normal these days as we try to get accustomed to this “new abnormal,” and wonder when it will end. In many of the health promotion programs that we offer to the community, we learn more about stress and how to deal with it. Everyone has different stress triggers and different physical reactions to stress. Similarly, we all use different methods to deal with it.

How do you know when you are feeling stressed? Most of us experience one or more of the following:

- Headaches
- Muscle tension (especially in the jaw, neck, shoulders)
- Shallow breathing
- Irregular heartbeats
- Changes in eating (either eating more, or a loss of appetite)
- Feeling angry or irritable
- Changes in sleeping (sleeping a *lot*, or not sleeping well)
- Falling asleep just fine, but then waking up and not being able to get *back* to sleep
- Feeling tired or fatigued
- Perspiring or sweating

Do any of those ring true for you? Do you have other signs too?

So, what can we do to deal with stress, including stress that may be caused by dealing with this pandemic and/or a chronic condition such as diabetes, heart, or lung disease? Experts suggest the following:

- Exercise
- Write down your feelings
- Laugh
- Use a stress management CD or website or recording
- Pray or meditate
- Cry
- Practice positive thinking
- Practice problem-solving
- Talk with someone

What about alcohol? Unfortunately, some people turn to alcohol believing that it will help them relieve stress, sleep better, or both. In fact, alcohol can lead to low blood sugar (hypoglycemia), which isn't good for your health, especially if you have pre-diabetes or diabetes. In addition, alcohol may lead to other problems when not used in moderation, such as poor sleep, ironically *causing* stress rather than relieving it. So please, take good care of yourself and try some of the expert-recommended stress-reducers.

And please keep checking in with us. As soon as it's safe again, we'll be offering these workshops in-person for you to learn about all kinds of way to improve your health, prevent complications, and a whole lot more so you can Help Yourself to Better Health!

# Waukesha County Residents: Need help comparing 2021 Medicare plans?

## Medicare Open Enrollment Oct 15–Dec 7, 2020

Please complete the form below or online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram>

You will be mailed your current and top 2 lowest cost drug and/or advantage plans.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_



Please check if you have a current drug plan \_\_\_\_\_ or advantage plan \_\_\_\_\_

Name of current drug or advantage plan \_\_\_\_\_

Medicare Part A start date \_\_\_\_\_

Medicare Part B start date \_\_\_\_\_



Pharmacy Preferences \_\_\_\_\_

<i>Drug Name</i>	<i>Dose Amount</i>	<i>How often Taken</i>

I have requested the Elder Benefit Specialist's (EBS) assistance comparing Medicare Advantage and/or Part D plan options. I understand that the accuracy of the Plan Finder depends upon the information given by the Center for Medicare and Medicaid Services, as well as information I have provided to the EBS Program regarding my medications. **The Medicare website is subject to revision and/or error.** The most accurate information is available by contacting the plan directly. The EBS is not recommending any particular plan. I take full responsibility for the choice that I make. I understand that it is my responsibility to handle all further matters related to enrollment. If I become aware that my enrollment did not go through, it is my responsibility to follow up with the plan. If I have reason to believe that the enrollment was not successful, I will notify the plan and the EBS immediately. **I understand that all enrollments must be made by December 7, 2020.** I acknowledge that participants can generally only change plans once per year during the Open Enrollment Period (OEP). By enrolling in this plan now, I understand that, absent a special enrollment period, I may have to wait a year for the next OEP in order to drop or switch plans again. As part of the EBS Program, the EBS Program is required to report and share identifying and other information with the Wisconsin Department of Health Services EBS Program Manager and other relevant state employees for purposes of data reporting and quality assurance. This information also may be shared with funders, such as the Federal Government, as required. Aside from this exception, the EBS Program will not reveal client's information without the client's permission unless providing this information for the purpose of accomplishing the client's goals.

Requestor Signature: \_\_\_\_\_ Date: \_\_\_\_\_



Return form: ADRC, 514 Riverview Ave, Waukesha 53188  
[adrc@waukeshacounty.gov](mailto:adrc@waukeshacounty.gov) fax 262-896-8273  
Call 262-548-7848 with questions

# Benefit Specialist Corner

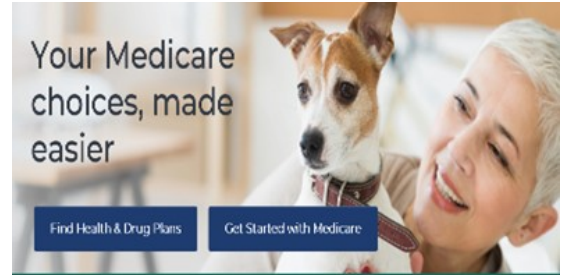
## How to Choose a Plan on the Medicare Plan Finder

Choosing a Medicare Plan can be done in a few easy steps.

Go to: <http://www.medicare.gov>

Click on: **Find Health & Drug Plans.**

Enter your Medicare login or create an account for a personalized search. Login directions are on page 16. Creating an account will allow you to save your information. You can also select “continue without logging in” which will provide you a basic search and will not save your prescription information.



### Medicare Plan Finder

1. Enter the name of each prescription drug you are taking; after each one, click on: **Find My Drug >**
  - Indicate Dosage, Quantity, Frequency, and Pharmacy Type in pop-up menu. Click on: **Add Drug and Dosage.** Continue adding all of your medications including topical prescription medications for your skin, eye and/or ear drops. (Do not enter over the counter prescriptions)
  - After you have entered all of your drugs, review the “My Drug List” box for accuracy; then click on: **My Drug List is Complete >**
2. Find the pharmacy or pharmacies where you buy your drugs, and click on: Add Pharmacy.
  - If you do not see your pharmacy in the list, increase the number of miles from your zip code. (This can be done in the drop down menu at the top of the pharmacy list) Once you have selected your pharmacies, click on: **Continue to Plan Results >**

### Your Plan Results

Results can be filtered in the drop down menu box on the right. You can check up to three boxes to compare those plans side by side. After you have clicked the plans you want to compare click on: **Compare Plans >** .

At the top of Your Plan Comparison you will see several tabs; make sure you are on the tab: “Drug Costs & Coverage.” Here you can view your estimated annual drug costs, premiums and deductible (if any) and the cost of the drug during each month of the year. You can also click on any words in blue print to find out more information.

**If you need assistance with the personalized Medicare Plan Finder, please complete page 14 and return it to the ADRC.**

If you need help with Medicare, such as deciding which Part D drug plan is best for you, call the ADRC at 262-548-7848 and ask to speak with an Elder Benefit Specialist. Our benefit specialists can explain your options and help you enroll.

Si usted necesita ayuda con Medicare, como decidiendo que plan D de medicamentos es mejor para usted, llame al ADRC 262-548-7848 y pregunta por uno de nuestros especialistas en beneficios para ancianos. Nuestros especialistas en beneficios le pueden explicar sus opciones y le pueden ayudar con la solicitud.

# Create an Account for a Personalized Medicare Plan Finder Experience

## When you create an account, you can:

- Build a better drug list. We'll make suggestions based on prescriptions you filled within the last 12 months.
- Modify your drug list and save changes.
- Compare benefits and costs in your current plan to other plans available in your area.
- See prices based on any help you get with drug costs.

## Create your new account

If you want access to personalized information and features, you'll need to create an account. Visit **Medicare.gov/plan-compare** and click "Log in or create account."

1. Have the following information ready (for yourself or the person you're helping): Medicare Number – You can find this on your red, white, and blue Medicare card. If you're new to Medicare and don't have your Medicare card yet, you can get your Medicare number on the letter you get from Social Security after you enroll.
2. Last name
3. Date of birth
4. Current address with ZIP code or city
5. Part A or Part B coverage start date (find this on your Medicare card)



Once you add this information and select "Next," you can create a user name and password and use your new Medicare account. You can write your username and a password hint below. Just remember to keep this sheet in a safe place to protect your privacy.

My Username:

My Password Hint:

## Forgot your username or password?

If you have an existing account, but forgot the username or password, click "Trouble signing in?" under the Username box on the log in page. You'll need this information:

1. Medicare number
2. Last name
3. Date of birth



LIFTING PEOPLE TO BETTER HEALTH



# Free Virtual Strength Training Classes

(For Adult Women and Men)

Wednesdays and Fridays for 10 weeks from 10:00am-11:00am  
starting on October 7th. (Hand and ankle weights available upon request.)

This proven program has many benefits, including:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Increased weight loss | <input checked="" type="checkbox"/> Improved mood and attitude |
| <input checked="" type="checkbox"/> Increased strength    | <input checked="" type="checkbox"/> Better sleep quality       |
| <input checked="" type="checkbox"/> Increased energy      | <input checked="" type="checkbox"/> Increased flexibility      |

*Proven by research to be effective*

Link for Registration: <https://go.wisc.edu/211m9v>

Use this code on  
the survey:  
**ENG10720**



Use this code on  
the survey:  
**ENG10720**

To learn more about StrongBodies in  
Waukesha County, contact Marcy Pichler  
at [marcy.pichler@wisc.edu](mailto:marcy.pichler@wisc.edu) or Katy Maas  
at [katy.maas@wisc.edu](mailto:katy.maas@wisc.edu)



FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. An EEO/AA employer, University of Wisconsin-Madison, Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements. StrongBodies is based on the StrongWomen™ Program – a national evidence-based community exercise and nutrition program created by Dr. Miriam E Nelson and colleagues at Tufts University, supported by Cornell University and brought to you by the UWM, Div of Extension. A strength-training program specifically for midlife and older women to help increase strength, bone density, balance, and energy. Extension has adapted this program for all genders.

## Library System News

### Get Your "Library Anywhere" Card

September is Library Card Signup Month!

Did you know that a library card is more than a card? It's **your "Library Anywhere" card** when you read eBooks or listen to audiobooks from home.

It's **your "Learn New Skills" card** when you take free online classes to help you succeed.

It's **your "Borrow, Don't Buy" card** when you save money by borrowing books, movies, magazines, board games, and more from the library. Click the button below to sign up for a digital library card or stop into your local library to get the best card ever.

<https://getyourlibrarycard.org/>



## Are you SAFE online?

October is cyber security awareness month and ADRC community partner, Fortress Financial Education LLC, would like to tell you, there are a number of things you can do to protect yourself and those you love and care for.

With the current global pandemic there is a 9% increase in people using social media over last year. We are able to shop, bank, connect with family and friends and handle our medical records all online. All of these activities require you to provide personally identifying information (PII); such as your name, date of birth, account numbers, passwords, and location information. #BeCyberSmart when sharing personal information online to reduce your risk of becoming a cybercrime victim.

## Why should we care?

- New internet-connected devices provide a level of convenience in our lives, but they require we share more information than ever.
- Cars, appliances, fitness trackers and other wearables, lighting, healthcare, home security, and more all contain sensing devices that can talk to other machines or devices and can trigger other actions. Examples include devices that direct your car to an open spot in the parking lot; devices that control energy usage in your home; and tools that track eating, sleeping, and exercise habits.

## Simple tips to protect yourself.

- **Be up to date.** Keep your software up to date with the latest version available. Maintain security settings to keep your information safe by turning on automatic updates so you don't have to think about it and set your security software to run regular scans.
- **Keep tabs on your apps.** Only download apps from trusted vendors and sources. Your devices could be running default programs in the background that you did not realize you authorized – gathering your personal information while putting your identity and privacy at risk. Check your app permissions and learn to say "no" to permission requests that do not make sense.
- **Keep your passwords a secret.** Do not share your passwords with anyone and watch for attackers trying to trick you into giving up your passwords over the phone, in emails or on social media.
- **Utilize a password manager.** With one master password, a computer can generate and retrieve passwords for every account you have – protecting your online information, credit card numbers, and more.

For more information and learning opportunities please visit

[www.protectyourfortress.com](http://www.protectyourfortress.com).

Source: Cybersecurity & Infrastructure Security Agency [www.cisa.gov](http://www.cisa.gov).



# Creepy Crossword Puzzle

Complete the 'spooky' puzzle using the clues given. Then, use the letters in orange to solve the puzzle down below!



## Across

1. "\_\_\_\_\_ or Treat!"
7. The spirit or soul of a dead person said to haunt the places that were important to them while they were living.
8. This Count, famous for drinking blood, was featured in a gothic horror novel by author Bram Stoker.
11. The bones of the human anatomy
12. These monsters prefer to eat the brains of their victims!
13. Walking under this may cause bad luck for those who are superstitious.

## Down

2. A witch's laugh
3. The magic liquid that witches brew.
4. A witch's mode of transportation
5. This monster is all 'wrapped up.'
6. These furry, flying mammals are associated with drinking blood, but only one species actually does so!
9. This part-human monster can send shivers down your spine when it howls to the moon.
10. The month in which Halloween is each year.

## Word Jumble

This spooky holiday is celebrated by children and adults on October 31st each year. Many people enjoy dressing up in costume, visiting their neighbors, and receiving treats! This holiday is called \_\_\_\_\_ (arrange the orange letters from above)

13. Ladder Word Jumble: HALLOWEEN  
1. Trick 2. Cackle 3. Potion 4. Broomstick 5. Mummy 6. Bats 7. Ghost 8. Dracula 9. Werewolf 10. October 11. Skeleton 12. Zombies

ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848.

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

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